31 Gluten-Free Dairy-Free Crockpot Freezer Meals

Free Printable Recipes and Grocery List included below

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1. Cranberry Pork Roast

Yields: 4 servings

Ingredients

- 2.5 pound bone-in pork shoulder (sometimes labeled as a “Boston butt” or “pork butt”)
- 15oz can whole berry cranberry sauce
- 1/4 cup honey
- 1/4 cup dried minced onion

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on “low” setting for 6-8 hours or until pork shreds easily with a fork.
4. Remove bones and shred meat.

I recommend serving the leftover cranberry mixture in the slow cooker with the meat – it’s so yummy! Serve with roasted green beans and a baked potato.

2. Beef Roast with Carrots

Yields: 4 servings

Ingredients

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the slow cooker!)
- 2 pounds carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- One seasoning packet (We love the McCormick mesquite and chipotle seasonings) or 3 tablespoons of your favorite homemade seasoning mix (Like homemade taco seasoning. Yum!)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on "low" setting for 8-12 hours or until meat easily pulls apart with a fork.

Shred meat and serve with rice.

3. Chicken Fajitas

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, cut into strips
- 3 medium-sized sweet bell peppers (I like a mix of red, orange, and yellow), sliced
- 1 large sweet yellow onion, sliced
- 2 large cloves of garlic, minced
- 1 tablespoons honey
- The juice from 1 lime
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 1 teaspoons paprika
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add to slow cooker and cook for 6 hours or until chicken is cooked through and peppers are tender.

Serve on corn tortillas, rice, or quinoa with your favorite fajitas toppings like salsa, chopped tomatoes, and guacamole.

4. Meatball Soup

Yields: 6 servings

Ingredients

- 1 pound small meatballs (store bought or homemade)
- 24oz jar of pasta sauce (about 2.5 cups)
- 1 pound carrots, peeled and chopped
- 3 cups green beans, ends cut off and cut into bite-sized pieces
- 1 medium-sized zucchini, ends cut off and cut into bite-sized pieces
- 1 medium-sized yellow onion, diced (about 1 cup)
- 4 cups low sodium chicken broth (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Combine all ingredients except chicken broth to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag and chicken broth to slow cooker.
3. Cover and cook on “low” for 8 hours or until veggies are soft.

Serve with a baked potato or gluten-free bread.

5. Turkey Black Bean Chili

Yields: 6 servings

Ingredients

- 1 pound of ground turkey
- 28oz can of tomato sauce
- 2 cans of black beans (15oz each), drained and rinsed
- 1 can of petite diced tomatoes (14.5oz), undrained
- 1 2/3 cup frozen corn
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground oregano
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move to refrigerator to thaw.
2. Add contents of freezer bag to your slow cooker.
3. Cover and cook on low 6-8 hours.
4. Break apart turkey and stir.

Serve with shredded cheese and corn chips!

6. Asian Chicken Lettuce Wraps

Yields: 6 servings

Ingredients

- 2 pounds of ground chicken (you can also substitute ground beef or ground turkey when they're on sale at the grocery store)
- 1 medium-sized red bell pepper, diced
- 2 large carrots, grated (1 cup)
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1/4 cup ketchup
- 1 tablespoon honey
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on "low" setting for 4-6 hours or until chicken is tender.
4. Break apart chicken and serve.

Serve on big pieces of iceberg, Boston, or Bibb lettuce.

7. Turkey, White Bean, and Kale Soup

Yields: 6 servings

Ingredients

- 1 small onion, diced
- 1 pound carrots, peeled and cut into bite-sized pieces
- 1/2 bunch of kale, washed and sliced
- 1 can cannellini beans (white kidney beans), washed and drained
- 1 Italian salad dressing pouch or 2 tablespoons homemade dry mix (2 tablespoons of Italian seasonings is a great shortcut)
- 1 pound ground turkey
- 8 cups chicken broth (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
2. Combine all ingredients (except chicken broth) in a gallon-sized plastic freezer bag. Add the ground turkey to the bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add chicken broth and contents of freezer bag to slow cooker.
3. Cook on "low" setting for 8 hours or until carrots are soft.

Serve with a baked potato or gluten-free bread.

8. Pineapple BBQ Beef

Recipe by Six Sisters Stuff

Yields: 4 servings (depending on size of roast)

Ingredients

- 2 lb beef chuck shoulder roast
- 20 oz can pineapple chunks, juice reserved
- 1 onion, diced
- 1/2 cup apple cider vinegar
- 1/3 cup brown sugar
- 1/2 cup ketchup
- 1 tablespoon mustard (I used Dijon mustard)
- 2 Tablespoons Worcestershire sauce

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on “low” setting for 8 hours or “high” setting for 4 hours.
4. Shred meat with fork.

Serve with simple salad and rice or quinoa.

9. Sweet and Sour BBQ Meatballs

Yields: 6 servings

Ingredients

- 2 pounds of meatballs
- 1 sweet onion, cut into chunks
- 1 green pepper, cut into chunks
- 1 red, yellow, or orange pepper, cut into chunks
- 1 pineapple, cut into chunks (or one can with juice)
- 18oz bottle of BBQ sauce (check the label to make sure it's gluten-free)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on "low" setting for 6-8 hours or until peppers are tender.

Serve with rice and a salad or corn on the cob.

10. Banana Pepper Shredded Beef

Yields: 4 servings

Ingredients

- 2lb boneless beef chuck shoulder roast
- 4 banana peppers (mild or hot), seeds removed and sliced (Please wear gloves so your fingers don't burn afterwards!)
- 1 medium yellow onion, peeled and sliced
- 1-2 cups beef broth

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook for 6-8 hours on "low" setting.
4. Shred meat and serve!

Serve with a baked potato and roasted carrots.

11. Cilantro Lime Chicken

Recipe from Pip and Ebby

Yields: 6 servings

Ingredients:

- 24-oz. jar medium salsa
- Juice from one lime
- 1/4 cup fresh cilantro, chopped
- 1.25-oz. package taco seasoning
- 2 jalapeños peppers, finely chopped (optional)
- 2 pounds boneless skinless chicken breasts

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on "low" setting for 6 hours.

Serve with rice.

12. Party Pork Roast

Yields: 4 servings

Ingredients

- 2.5lb bone-in pork shoulder (sometimes labeled as a “boston butt” or “pork butt”)
- 1 cup grape jelly
- 1 cup Simply Heinz ketchup
- 1/4 teaspoon ground allspice

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on “low” setting for 8-12 hours or until meat easily pulls apart with a fork.
4. Remove pork from your slow cooker and separate the meat from bone with a fork. (The meat should fall off the bone.)
5. Strain the juice left in your slow cooker and serve as a gravy with the meat.

Serve with a baked potato and steamed broccoli.

13. Ham and Pinto Bean Soup

Yields: 6 servings

Ingredients

- 1 pound dried pinto beans (or 4 cans of beans, drained and rinsed)
- 1.5 pound bone-in ham shank
- 3/4 cup ketchup
- 8 cups water *not needed until day of cooking
- Salt (to taste) *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
2. Combine all ingredients in your freezer bag except water and salt.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker and add water.
3. Cook on "low" setting for 8 hours.
4. Remove ham, shred off bone, and return shredded meat to slow cooker.
5. Add salt to taste (the amount of salt needed depends on the cut of ham. The last time I made this, I added 1/2 teaspoon.)

Serve with a salad.

14. Chicken Curry

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 6oz can of tomato paste
- 13.5oz can of coconut milk
- 1 small onion, chopped (about one cup)
- 2 cups of frozen peas
- 14.5oz can of tomato sauce (about 1 3/4 cup)
- 2 large cloves of garlic, minced
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on “low” setting for 8 hours.

Serve over white or brown rice, or quinoa and enjoy!

15. Chicken Teriyaki

Recipe modified from The Taylor House

Yields: 6 servings

Ingredients

- One pound boneless skinless chicken breasts
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup rice wine vinegar (I subbed red wine vinegar)
- 1 small onion, diced
- 1 large clove garlic, minced
- 1-inch ginger root, peeled and minced
- 1/4 teaspoon black pepper
- One bag frozen stir fry veggies (Mine was 14.4 oz)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-8 hours or until chicken is cooked through.

Serve with rice.

16. Curried Pork Chops

Recipe from Once a Month Meals

Yields: 6 servings

Ingredients

- 20 oz canned pineapple
- ¼ cups brown sugar
- 1 tablespoon apple cider vinegar
- 1 tablespoon soy sauce
- 2 teaspoons curry powder
- ⅛ teaspoons ground ginger
- ½ teaspoons red pepper flakes
- 2 ½ pounds boneless pork chops
- ⅛ teaspoons salt
- ⅛ teaspoons black pepper
- 1 tablespoon water (not needed until day of cooking)
- 2 teaspoons cornstarch (not needed until day of cooking)
- ½ cups sliced green onion/scallions (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. Place contents of bag into slow cooker.
2. Cook on “low” for 6-8 hours.
3. Remove chops from slow cooker.
4. In a small bowl, whisk together water and cornstarch.
5. Add to slow cooker, turn to HIGH for 5-10 minutes until sauce is thick.
6. Stir in green onions and serve sauce over pork chops.

Serve over rice with a salad.

17. Shredded BBQ Chicken

Yields: 4 servings

Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 cup ketchup (I like Simply Heinz)
- 2 tablespoons Worcestershire Sauce
- 1 tablespoon + 1 teaspoon brown sugar
- 1 tablespoon chili powder
- 1 1/2 teaspoons hot sauce
- 1 1/2 teaspoons curry powder

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on "low" setting for 4-6 hours.
4. Shred meat and return to slow cooker to mix with remaining BBQ sauce

Serve with mango coleslaw.

18. Stuffed Peppers

Yields: 4 servings

Ingredients

- 1lb+ ground turkey
- 1 onion, peeled and diced
- 1 garlic clove, minced
- 4 small bell peppers, tops cut off (or 2 large peppers, cut lengthwise) and cleaned
- 24oz jar of your favorite pasta sauce (reserve 2T)

Materials

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

Prep

1. Label your gallon-sized freezer bag with name of the meal, cooking instructions, and “use by” date.
2. In large bowl, mix ground meat, onion, garlic, and 2 tablespoons of pasta sauce.
3. Separate mixture into four equal parts and firmly stuff into peppers.
4. Add stuffed peppers to gallon-sized freezer bag.
5. Add remaining pasta sauce to quart-sized bag, seal, and place inside gallon-sized bag with peppers.
6. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Pour pasta sauce into slow cooker and place peppers on top.
3. Cook in slow cooker on “low” setting for 6-8 hours.

Serve with rice.

19. Garlic-Mint Pork Loin

Yields: 4-6 serving

Ingredients

- 1 tablespoon olive oil
- 5 sprigs of fresh mint
- 2lb pork loin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup lime juice
- 1/4 cup apple cider vinegar
- 3 cloves of garlic; peeled and sliced
- 1 onion; peeled and thinly sliced

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on “low” setting for 6-8 hours.
4. Discard mint.

Serve with rice and asparagus.

20. Honey Chicken with Quinoa

Recipe from I Heart Naptime

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1/2 cup soy sauce
- 3/4 cup honey
- 1 tbsp olive oil
- 1 tsp onion powder
- 2 cloves garlic, minced
- 1 tsp kosher salt
- 1/2 tsp pepper
- 1/4 cup sesame seed (optional)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on “low” setting for 4-6 hours or until the chicken easily falls apart.

Serve chicken over cooked quinoa with a side of roasted Brussels sprouts. Add extra sauce from the crock pot on top.

21. Hot Pepper Pork and Butternut Squash

Yields: 3-4 servings

Ingredients

- 1 pound pork sirloin
- 16oz bag of frozen butternut squash (you can substitute fresh)
- 8oz jar of hot pepper jelly

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on “low” for 6-8 hours or until pork is tender.

Serve with rice or quinoa.

22. Spicy Dr. Pepper Shredded Pork

Yields: 6 servings

Ingredients

- 3.5lb bone-in pork shoulder (sometimes labeled as "Boston butt" or "pork butt roast")
- 1 medium-sized onion, peeled and sliced
- 2 tablespoons brown sugar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 7oz can chipotle peppers in adobo sauce – check label for possible gluten
- 3 cups of Dr. Pepper (2 cans or, if you're like me and don't want to have a case of Dr. Pepper around the house, you can buy a quart and drink what's left or pour it down the sink.) NOT NEEDED UNTIL DAY OF COOKING

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
2. Combine all ingredients to your freezer bag except soda pop.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker and add Dr. Pepper.
3. Cook on "low" setting for 8-12 hours (depending on the size and strength of your slow cooker. You'll know it's done when the meat easily falls off the bone.)
4. Use a fork and knife to separate meat from the bone and shred meat.
5. Strain remaining juice, onions, and peppers left in your slow cooker. Discard what you catch in the strainer and keep the juice that strains through.
6. Return juice and shredded pork to your slow cooker and stir to combine.

Serve on rice and top with shredded lettuce and diced tomatoes.

23. Orange Shredded Beef

Yields: 4 servings

Ingredients

- 2 pound boneless beef chuck shoulder roast
- The juice from one navel orange (about 1/4 cup), pulp removed
- The zest from one orange (about 1 tablespoon)
- 2 tablespoons white sugar
- 2 tablespoons rice wine vinegar or apple cider vinegar
- 1 tablespoon soy sauce
- 3 cloves garlic, minced
- 1-inch ginger root, peeled and grated (about 1 tablespoon)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on “low” setting for 8 hours or until meat easily pulls apart with a fork.
4. Shred beef with a fork and return to slow cooker to mix with sauce.

Serve with sides of steamed broccoli and brown rice.

24. Honey Bourbon Chicken

Recipe from [Once a Month Meals]

Yields: 4 servings

Ingredients

- 1 ½ pounds boneless, skinless chicken thighs
- ⅛ teaspoons salt
- ⅛ teaspoons black pepper
- ½ cups diced onion
- 1 cup honey
- ½ cups soy sauce
- 2 tablespoons vegetable oil
- 2 teaspoons minced garlic
- ¼ tablespoons red pepper flakes
- 2 tablespoons cornstarch (not needed until day of cooking)
- 1 tablespoon water (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on "low" setting for 6-8 hours.
4. Remove chicken from slow cooker and cut into strips. Return to crock pot.
5. In a bowl, combine cornstarch with water and add to crock pot with the chicken. Stir.
6. Cook on high for 10 to 20 minutes.

Serve with quinoa and asparagus.

25. Sausage Spinach Tomato Soup

Yields: 6 servings

Ingredients

- 1 lb ground sweet or spicy Italian sausage (We prefer spicy. Note: If you can only find sausage links, remove the casing before cooking.)
- 24 oz jar of pasta sauce
- 4 cups of chicken broth (not needed until day of cooking)
- 1 can of cannellini beans, drained and rinsed
- 1 box of frozen chopped spinach
- 4 large carrots, chopped into bite-sized pieces
- 1 medium yellow onion, diced (about one cup)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Add sausage and remaining ingredients (except chicken broth) to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add chicken broth and contents of freezer bag to slow cooker.
3. Cook on “low” setting for 8 hours.
4. Break apart sausage and stir soup.

Serve with a baked potato.

26. Chicken Soup with Mexican Seasonings

Yields: 3-4 adult servings

Ingredients

- 1 pound carrots, peeled and diced
- 1 medium-sized yellow onion, diced
- 2 large cloves of garlic, minced
- 2 Roma tomatoes, chopped
- 1 cup tomato juice (If you buy a big can/bottle, freeze the extra in ice cubes trays for future soups and chilis)
- 1 teaspoons cumin
- 1 teaspoon fennel seeds
- 1 teaspoons chili powder
- 1 teaspoon salt
- Juice from 1 lime (about 1/4 cup)
- 1 pound boneless, skinless chicken breasts
- 4 cups fat-free, reduced-sodium chicken broth (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Combine all ingredients (except chicken broth) in your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add chicken broth and contents of freezer bag to slow cooker.
3. Cook on “low” setting for 6-8 hours or until carrots are soft and chicken is cooked through.
4. Shred chicken with a fork and serve!

Serve with quinoa or a baked potato.

27. Italian Chicken

Yields: 6 servings

Ingredients

- 1 small onion, diced
- 28oz can diced tomatoes, undrained
- 2 cloves garlic, minced
- 1/4 cup honey
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds boneless, skinless chicken breasts

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Combine all ingredients to your freezer bag. Add chicken to the freezer bag last so it’s the first ingredient poured into your crockpot.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on “low” setting for 4-6 hours or until chicken is cooked through.

Serve with potatoes and green beans.

28. Honey Dijon Chicken

Yields: 6 servings

Ingredients

- 2 pounds of boneless, skinless chicken breast
- ¼ cup honey
- 2 tablespoons Dijon mustard (or whole grain mustard)
- 2 teaspoons black pepper
- ½ teaspoon salt
- ½ teaspoon ground thyme
- ½ cup water (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
2. Add all ingredients (except water).
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move bag to your refrigerator to thaw.
2. The morning of cooking, pour contents into your crockpot; add water.
3. Cook on low setting for 6 hours or until chicken is tender.

Serve with a salad and rice.

29. Italian Sausage and Peppers

Yields: 5 servings

Ingredients
- 1 pound spicy Italian sausage
- 2 small green bell peppers, seeds removed and sliced
- 1 small onion, peeled and sliced
- 24oz jar of pasta sauce

Materials
- 1 gallon-sized plastic freezer bag

Prep
4. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
5. Add all ingredients.
6. Remove as much air as possible, seal, and lay flat in your freezer.

Cook
4. The night before cooking, move bag to your refrigerator to thaw.
5. The morning of cooking, pour contents into your crockpot.
6. Cook for 6-8 hours on “low” setting for 6 hours or until sausage is cooked through.

Serve with rice and a salad.

30. Southwestern Pork Chili

Yields: 6 servings

Ingredients

- 1 pound lean ground pork (You can substitute ground turkey if you don't eat pork)
- 2 onions, peeled and chopped (about two cups)
- 2 stalks of celery, chopped (about one cup)
- 1 large carrot, peeled and diced
- 1 red pepper, chopped
- 14oz can of tomato sauce
- 15oz can of black beans, drained and rinsed
- 1 cup frozen corn
- 2 tablespoons light brown sugar
- 3 cloves of garlic, minced
- 2 teaspoons chili powder
- 1 teaspoon oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup chicken broth

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
2. Combine all ingredients in your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add contents of freezer bag to slow cooker.
3. Cook on "low" setting for 6-8 hours.
4. Break apart pork and serve.

Serve with a baked potato and sliced avocado.

31. Apricot BBQ Chicken Wings

Recipe from Mom Endeavors

Yields: 8 servings

Ingredients

- 4 pounds chicken wing drumettes, frozen
- 18oz bottle BBQ sauce (about 2 cups)
- 1 cup apricot preserves
- 1 tsp ginger powder
- 1 tbsp garlic powder
- 2 tbsp Worcestershire sauce

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and “use by” date.
2. Combine all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Cook on “low” for 6-8 hours or “high” for 3-4 hours.
3. Once done, set oven to broil. Line a baking sheet with foil.
4. Remove wings from slow cooker and place on the lined baking sheet. Drizzle with some of the slow cooker sauce if desired. Broil for approximately 2 minutes.
5. Remove pan from oven, flip wings, and brush wings with the sauce mixture from crock pot.
6. Return to oven and broil for an additional 3-5 minutes, until sauce starts to caramelize.
7. Remove from oven and serve.

I recommend using a non-sweet BBQ sauce for this recipe. Use your favorite store-bought or from scratch version (approximately 2 cups of whichever you choose).

Serve with a big salad.

Grocery List for all 31 Gluten-Free Dairy-Free CrockPot Freezer Meals

(The number next to each ingredient corresponds to its recipe number.)

Produce

- 17-20 yellow onions (3, 7, 8, 9, 10, 14, 15, 18, 19, 22, 24, 25, 26, 27, 29, 30)
- 6 pounds carrots (estimating 8 large carrots per pound) (2, 4, 6, 7, 25, 26, 30)
- 3 medium sweet bell peppers (3)
- 4 small bell peppers (18)
- 3 red bell peppers (6, 30, 9)
- 3 green peppers (9, 29)
- 29 cloves of garlic (3 bulbs if they have 10-12 cloves each) (3, 5, 6, 14, 15, 18, 19, 20, 23, 24, 26, 27, 30)
- 4 limes (3, 11, 19, 26)
- One navel orange (23)
- 3 cups green beans (about one pound) (4)
- 1 medium-sized zucchini (4)
- 1/2 bunch of kale (7)
- 1 pineapple (or one can with juice) (9)
- 4 banana peppers (10)
- 1/4 cup fresh cilantro (about one bunch) (11)
- 2 jalapeños peppers (optional) (11)
- 2 inches ginger root (15, 23)
- 5 sprigs of fresh mint (19)
- 2 Roma tomatoes (26)
- 2 stalks of celery (I chop and freeze the extra) (30)

Meat

- 4 boneless beef chuck shoulder roasts (2lbs each) (2, 8, 10, 23)
- 15 pounds boneless skinless chicken breasts (3, 11, 14, 15, 17, 20, 26, 27, 28)
- 4 pounds chicken wing drumettes (31)
- 2 pounds of ground chicken (6)
- 1 ½ pounds boneless, skinless chicken thighs (24)
- 3 pounds ground turkey (5, 7, 18)
- 3 bone-in pork shoulder roasts (2.5-3.5lbs each) (sometimes labeled as a “Boston butt” or “pork butt”) (1, 12, 22)
- 1 ½ pound bone-in ham shank (13)
- 2 ½ pounds boneless pork chops (16)
- 2 pounds pork loin (19)
- 1 pound lean ground pork (30)
- 1 pound pork sirloin (21)
- 1 pound ground sweet or spicy Italian sausage (25)
- 1 pound spicy Italian sausage (29)

Freezer

- 16oz bag frozen corn (5, 30)
- 3 pounds of meatballs (4, 9)
- 2 cups of frozen peas (14)
- One 14.4 oz bag frozen stir fry veggies (15)
- 16oz bag of frozen butternut squash (21)
- 1 box of frozen chopped spinach (25)

Spices (check to make sure mixes are gluten-free, dairy-free)

- 2 tablespoons salt (13, 14, 16, 19, 20, 22, 24, 26, 27, 28, 30)
- 1 tbsp garlic powder (31)
- 1 tsp onion powder (20)
- 1/4 cup dried minced onion (1)
- one seasoning packet (We love the McCormick mesquite and chipotle seasonings) or 3 tablespoons of your favorite homemade seasoning mix (2)
- 1 Italian salad dressing pouch or 2 tablespoons homemade dry mix (2 tablespoons of Italian seasonings is a great shortcut) (7)
- 1.25-oz. package taco seasoning (11)
- 5 tablespoons chili powder (4, 5, 17, 26, 30)
- 4 ¼ teaspoons black pepper (15, 16, 19, 20, 22, 24, 27, 28)
- 4 teaspoons cumin (3, 5, 26)
- 1 tablespoon + 1 teaspoon paprika (3, 5)
- 2 ¼ teaspoons crushed red pepper flakes (3, 5, 6, 14, 16, 24, 27)
- 1/4 teaspoon ground allspice (12)
- 2 tablespoons + 3 ½ teaspoons curry powder (14, 16, 17)
- ⅛ teaspoon ground ginger (16)
- 1 tsp ginger powder (31)
- 1 teaspoon fennel seeds (26)
- 3 ½ teaspoons ground oregano (5, 27, 30)
- 1/2 teaspoon dried parsley (27)
- ½ teaspoon ground thyme (28)

Canned

- 1 can whole berry cranberry sauce (15oz) (1)
- 3 cans of black beans (15oz) (5, 30)
- 2 cans cannellini beans (7, 25)
- 2 can pineapple chunks (20oz) (8, 16)
- 1 jar medium salsa (24oz) (11)
- 1 cup grape jelly (12)
- 1 can of unsweetened coconut milk (13.5oz) (14)
- 1 jar of hot pepper jelly (8oz) (21)
- 1 can chipotle peppers in adobo sauce (7oz) (22)
- 1 cup apricot preserves (31)

Italian

- 4 jars of pasta sauce (24oz) (3, 18, 25, 29)
- 1 can of tomato sauce (28oz) (4)
- 2 cans of tomato sauce (14.5oz)(14,30)
- 1 can of petite diced tomatoes (14.5oz) (5)
- 1 can diced tomatoes (28oz) (27)
- 1 can of tomato paste (6oz) (14)

Dried

- 1 pound dried pinto beans (13)

Baking

- 3 cups + 3 tablespoons honey (1, 3, 6, 14, 15, 20, 24, 27, 28)
- Approximately ¾ cup brown sugar (8, 16, 17, 22, 30)
- 2 tablespoons white sugar (23)

Oils and Vinegars

- 6 tablespoons extra virgin olive oil (2, 19, 20, 27)
- 2 tablespoons vegetable oil (24)
- 2 tablespoons red wine vinegar (2)
- ¾ cup + 1 tablespoon apple cider vinegar (8, 16, 19)
- 1/4 cup + 2 tablespoons rice wine vinegar (I subbed red wine vinegar) (15, 23)

Miscellaneous

- 31 gallon-sized plastic freezer bags (1-31)
- 1 quart sized plastic freezer bags (18)
- 1 ¾ cups + 2 tablespoons soy sauce (low sodium preferred) (6, 15, 16, 20, 23, 24)
- 3 ½ cups ketchup (6, 8, 12, 13, 17)
- 2 bottles of BBQ sauce (18oz) (9, 31)
- 1-2 cups beef broth (10)
- 1 cup chicken broth (30)
- 6 tablespoons Worcestershire sauce (8, 17, 31)
- 3 cups of Dr. Pepper (2 cans or, if you're like me and don't want to have a case of Dr. Pepper around the house, you can buy a quart and drink what's left or pour it down the sink.) (22)
- 1 cup tomato juice (If you buy a big can/bottle, freeze the extra in ice cubes trays for future soups and chilis) (26)
- 2 tablespoons Dijon mustard (28)
- 1 tablespoon mustard (8)
- 1 1/2 teaspoons hot sauce (17)

Not Needed Until Day of Cooking

- 20 cups chicken broth (fat-free, low sodium preferred) (if desired, you can add bouilion granules to your freezer bag and add water on cooking day) (4, 7, 25, 26)
- 2 tablespoons + 2 teaspoons cornstarch (16, 24)
- ½ cups sliced green onion/scallions (16)
- ¼ cup sesame seeds (optional) (20)
- Suggested side dishes
    1. Cranberry Pot Roast - green beans and baked potatoes
    2. Beef Roast with Carrots – rice
    3. Chicken Fajitas – serve on tortillas, rice, or quinoa with your favorite fajita toppings, like salsa, chopped tomatoes, or guacamole
    4. Meatball Soup – baked potato or gluten-free bread
    5. Turkey Black Bean Chili – shredded cheese and corn chips
    6. Asian Chicken Lettuce Wraps – iceberg, Boston, or Bibb lettuce
    7. Turkey, White Bean, and Kale Soup – baked potato or gluten-free bread
    8. Pineapple BBQ Beef – a simple salad and rice or quinoa
    9. Sweet and Sour BBQ Meatballs – rice and a salad or corn on the cob
    10. Banana Pepper Shredded Beef – baked potatoes and roasted carrots
    11. Cilantro Lime Chicken – rice
    12. Party Pork Roast – baked potatoes and steamed broccoli
    13. Ham and Pinto Bean Soup –salad
    14. Chicken Curry – serve over rice or quinoa
    15. Chicken Teriyaki - serve with rice
    16. Curried Pork Chops –rice with a salad
    17. Shredded BBQ Chicken – mango coleslaw
    18. Stuffed Peppers – rice
    19. Garlic-Mint Pork Loin – rice and asparagus
    20. Honey Chicken with Quinoa – serve over quinoa with a side of Brussels sprouts
    21. Hot Pepper Pork and Butternut Squash – serve with rice or quinoa
    22. Spicy Dr. Pepper Shredded Pork – serve on rice and top with shredded lettuce and diced tomatoes
    23. Orange Shredded Beef –steamed broccoli and rice
    24. Honey Bourbon Chicken – serve with quinoa and asparagus
    25. Sausage Spinach Tomato Soup – baked potatoes
    26. Chicken Soup with Mexican Seasonings – quinoa or baked potatoes
    27. Italian Chicken –potatoes and green beans
    28. Honey Dijon Chicken– a salad and rice
    29. Italian Sausage and Peppers – rice and a salad
    30. Southwestern Pork Chili – baked potato and sliced avocado
    31. Apricot BBQ Chicken Wings – a big salad